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ETTA PROCTOR FLAGG

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A HANDBOOK

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HOME ECONOMICS

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BY

ETTA PROCTOR FLAGG

SUPERVISOR OF DOMESTIC SCIENCE IN THE
LOS ANGELES PUBLIC SCHOOLS

BOSTON
LITTLE, BROWN, AND COMPANY
1912

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PREFACE

THE plan in this little book has been to give a simple basis for the pupil to work from, leaving the teacher free to present the lesson in her own way. The principal points to be brought out are suggested by the questions at the end of each lesson. These questions are to be answered by the pupil in the spare moments which are so often wasted in the course of an ordinary cookery period.

This course may be completed in one school year, or in two, according to the frequency of the lessons. The book is divided into two parts for the convenience of classes which devote two years to the subject.

PART I

A HANDBOOK OF HOME ECONOMICS

SUGGESTIONS FOR HOUSEKEEPING

Let each pupil provide herself with two large, plain, white aprons made from cambric, long cloth, or linen; avoid lawn because it wears so short a time and rumples so easily. In addition to the aprons, every girl should have her own small hand-towel and cookery holder; the towel need not be more than eighteen inches long, and the holder should not be over five inches square.

When working in the cookery room, keep the wrists free from bracelets and the fingers free from rings; let the hair be neat and away from the face.

Before beginning the lesson see that the hands are thoroughly washed and the nails well cleaned. Keep the hand-towel fastened at the waist, ready for immediate use.

When the lesson is over, fold both apron and towel neatly and place in the locker assigned. Before leaving the class-room be sure that all utensils are in perfect order and, if possible, that your notes are all placed in your text-book.

Dish-Washing

Clean all plates and dishes; if they are greasy, use brown paper; if not, scrape with a rubber scraper or with a case-knife.

Arrange neatly and in the most convenient manner. Use hot, soapy water, filling the dishpan about one-third full. Change the water frequently if many dishes are to be washed. Rinse all dishes with clear, hot water and wipe with clean towels free from lint.

Wash glassware first. If an extra polish is desired, wipe from the soapy water.

After the glassware, wash the silver, then the china, and then the cooking utensils.

Take fresh, hot water and wash the towels thoroughly, rinse in clear water, stretch carefully and hang to dry; fold the dishcloth evenly and hang to dry.

Be very careful to keep bone, ivory, or wooden handles of knives or forks out of the water, and make sure, when washing a Dover egg-beater, that only the part below the wheel touches the water.

If a saucepan has become burned place a few teaspoons of baking soda in the pan, fill with warm water and let it stand for several hours or over night.

Abbreviations

tbsp. stands for tablespoon.
tsp. stands for teaspoon.
c. stands for cup.
qt. stands for quart.
pt. stands for pint.
lb. stands for pound.

m. stands for minute.
h. stands for hour.
oz. stands for ounce.
spk. stands for speck.

Table of Equivalents

3 tsp. equal 1 tbsp.
4 tbsp. equal ¼ c. or ½ gill.
2 gills equal 1 c.
2 c. equal 1 pt.
2 pts. equal 1 qt.
4 qts. equal 1 gal.
4 c. flour equal 1 lb.
2 c. solid butter equal 1 lb.
2 c. granulated sugar equal 1 lb.
3 c. meal equal 1 lb.
2 c. solid meat equal 1 lb.
2 tbsp. butter equal 1 oz.
2 tbsp. sugar equal 1 oz.
2 tbsp. flour equal 1 oz.
2 tbsp. liquid equal 1 oz.

Measurements

Flour, soda, meal, powdered, or confectioners' sugar should be sifted before measuring.

A cup means a cup filled level with the top.

A spoonful means a level spoonful.

To get this level spoonful, use the back of a case-knife, drawing it smoothly across the spoon.

One half spoonful means a spoonful divided length-wise.

One fourth spoonful means a spoonful divided lengthwise and then crosswise.

A salt spoon means one-fourth of a teaspoon.

When measuring dry material by the cup, fill *lightly* with a spoon without shaking it down.

FIRE-BUILDING

To Build a Wood Fire

Remove ashes and open drafts.

Blacken, beginning at the back.

Place thin layer of crumpled paper on bottom of fire box.

Arrange a loose layer of light wood over the paper.

Place hard wood over this lightly.

Polish while stove is heating.

When fire is burning well, close oven-damper and check the drafts.

To Build a Coal Fire

Build like a wood fire, adding coal gradually until the fire box is three-fourths full.

To Light a Gas Range

Turn the gas on freely before lighting.

Keep the blaze free from yellow flame and as low as is allowable with the heat required.

In lighting the oven be sure that there is no free gas to cause an explosion. (Usually it is wiser to open the oven door before lighting.)

SETTING THE TABLE

Dust the table. Put on the silence-cloth, which must be perfectly smooth.

Place tablecloth over this, center of cloth over center of table. Use clean linen of as fine a quality as can be afforded. Have the cloth long enough and wide enough to hang well around the table.

Decorate by placing in the center of the table a vase of flowers, a fern, or a dish of fruit.

Place plates, right side up, one at each end; then at the sides. Have plenty of space between each plate, and plates opposite one another if possible.

Place knife on right side of plate with sharp edge of knife toward plate, one inch from edge of table.

Place forks on left side with prongs turned up, one inch from edge of table.

Place teaspoons at right of knife, bowls of spoons turned up.

Place tumbler, top up, at end of knife.

Place butter, or bread and butter plate, in front of plate toward the left.

Place napkins, neatly folded, at the left of fork.

WATER

Place ½ c. water in saucepan and heat slowly. What rises at first?

What collects on the bottom and sides of pan?

When is the water simmering? How can you tell, and what is the temperature?

Give the temperature of boiling water.

How do you know when it is boiling?

What is "hard" water?

What is "soft" water?

TEA AND COFFEE

Keep tea and coffee in closely covered jars or cans.

Use enamel or nickel coffee-pots.

Use enamel, nickel, or earthenware teapots.

Use only freshly boiled water in making tea and coffee, and scald the teapot or coffee-pot thoroughly before using.

Tea

1 tsp. tea.
1 c. boiling water.

Put the tea in a scalded teapot and pour the boiling water over it.

Steep 5 m. in a warm place. Strain, and serve either hot or iced.

Boiled Coffee

4 tbsp. coffee, ground.
1½ c. boiling water.
4 egg shells, broken fine.
¼ c. cold water.

Mix coffee, shells, and half of the cold water. Add boiling water, boil three minutes and add remaining cold water. Let stand 10 minutes, pour out a little to clear the spout, and serve.

Filtered Coffee

½ c. coffee, powdered.
3 c. boiling water.

Use a coffee-pot with an inside strainer. Place the powdered coffee in the strainer and add the boiling water gradually. Keep the coffee-pot covered while the water is filtering. Serve at once, without cooling.

Where is tea found?

What part of the tea plant is used?

How is tea prepared for market?

Name four different varieties of tea, with prices for each.

Why use freshly boiled water in making tea?

Why not boil the tea?

When would you drink tea?

Where does coffee grow?

Why are tea and coffee injurious?

In what form is coffee least injurious?

Name the two best varieties of coffee, with price per pound.

FOOD

The food which we eat may be divided into three distinct classes: proteins, carbohydrates, fats. These will be studied in detail as we advance in the work. Try to remember now that protein foods are the chief sources of tissue and muscle, and that the carbohydrates and fats give us energy and fat.

MILK

The first food that children take is milk, and for the young child this seems an almost perfect food. Since all young children must live on it, it is necessary for us to know how to tell good milk and how to care for it. It is very difficult to get fresh, pure milk in the large cities, and nothing that comes into the house requires more care.

Care of Milk

Select the best dairy you can find. Wipe milk bottles when brought into the house. Place in refrigerator or cold closet. If turned from bottles, place in glass, agateware, earthenware, granite, or aluminum, and keep covered. If doubtful about the purity, scald. To scald the milk, heat over hot water; when a bead-like ring forms around the edge, it is scalded. Remove directly. Greater heat makes the milk less digestible.

Composition of Milk

Water, about 87%.
Mineral matter.
Protein { casein. albumen.
Fat.
Carbohydrate. Sugar.

What is the scum that rises to the surface of milk when it is scalded?

What is pasteurized milk?

CHOCOLATE AND COCOA

Chocolate

1½ to 2 squares of Baker's chocolate.
4 tbsp. sugar.
1 c. boiling water.
3 c. scalded milk.
Spk. salt.

1. Melt the chocolate over hot water, add sugar and salt, and pour the boiling water over the mixture, stirring constantly.
2. Place directly over the fire and cook 5 m.
3. Add to the hot milk.
4. Beat 1 m. with Dover egg-beater and serve. For special occasions 1 tsp. vanilla may be added, and whipped cream may be served with the chocolate.

Cocoa

2 tbsp. cocoa. 2 c. boiling water.
3 tbsp. sugar. 2 c. scalded milk.
1 spk. salt.

(A larger proportion of milk may be used.)

1. Mix cocoa, sugar, and salt with the water, and boil 5 m.
2. Stir this into the hot milk and serve.

From what are chocolate and cocoa obtained?
What is the difference between the two?
Which is the more easily digested? Why?
Name the most nourishing part in a cup of cocoa.
Reduce the chocolate recipe to 1 c.
Reduce the cocoa recipe to 1 c.
How can you prevent the thick scum from rising to the surface of a cup of chocolate or cocoa?

Apple Sauce

6 or 8 apples. ½ c. sugar.

1. Pare, core, and cut the apples into small pieces.
2. Cook the apples with enough water to keep them from burning. When soft, add the sugar and remove from the fire.
3. Cinnamon or nutmeg to suit taste may be added for variety.

Baked Apples

Wash and core apples. Place in baking-dish, fill center with sugar, and cover the bottom of the baking-dish with hot water. Bake until soft.

Cranberry Jelly

4 c. cranberries.
1 c. boiling water.
2 c. sugar.

1. Look over cranberries and wash them. Cook cranberries and water 20 m.
2. Press through a strainer. Add the sugar and cook 5 m.
3. Pour into cold, wet molds, or glasses.

Name the two classes of fruits.
Give the general composition.
What is the chief food value?
What fruits are included under the name citrus?
What gives them this name?
Name two varieties of good cooking apples.
Give the average cost per pound.
How many average-sized apples make a pound?
Where do most of the cranberries come from?
When are they at their best?
What is the average cost per pound?

What fruits are more wholesome cooked than uncooked?

What fruits may be exposed safely on the public streets?

Why?

DRIED FRUITS

Prunes

Wash thoroughly, soak over night, and cook slowly until the skins are tender. When nearly done, sweeten slightly. Stick cinnamon, or a little juice and rind of lemon, may be used to vary the flavor.

Peaches

Wash the dried peaches carefully, cover with water and let stand over night. In the morning cook slowly until tender; then add a very small amount of sugar.

Apricots

Treat in the same way as the others, but add more sugar. Prunes and apricots may be mixed together, half and half, and treated as either one would be treated separately.

What is the difference in composition between the fresh and dried fruits?

How is this lack supplied?

Why is the long cooking desirable?

Name three dried fruits rich in sugar. What per cent of sugar do they contain?

How are fruits dried?

What do we need to be very careful about in their preparation?

At what season of the year would you use dried fruits freely?

Nut Brittle

1 c. sugar.
¾ to 1 c. nuts, shelled and broken in pieces.

1. Put sugar in saucepan to heat, and when it begins to melt on the bottom of the saucepan stir it until it becomes a thin, light brown syrup with no lumps. (Keep the sugar stirred down from the sides of the pan.)

2. Add nuts immediately and pour quickly on a buttered plate or platter; mark in squares as soon as the knife does not stick to the candy. (A tin plate need not be buttered.) When cold, break in pieces.

Fudge

2 c. sugar. 2 tbsp. butter.
½ to 1 c. milk. 1 tsp. vanilla.
1 to 1½ sq. unsweetened chocolate, or 4 tbsp. cocoa.

1. Heat milk and sugar and, when sugar is dissolved, add the chocolate. Boil until it reaches the soft-ball stage, stirring until chocolate is melted.

2. Remove from fire, add the butter and vanilla, and beat until creamy and thickened. Pour quickly into a greased tin. When firm, cut in squares.

Syrup

2 c. sugar. ⅛ c. water.

Place in saucepan and stir until sugar is dissolved. Boil slowly, without stirring, until a light syrup is made. Remove and cool. Color with caramel and flavor with lemon, if desired.

What is the price of confectioners' sugar?

How many cups of granulated sugar make a pound?

How many cups of confectioners' sugar make a pound?

How do you caramelize sugar?

Estimate the cost of the nut brittle and give it in itemized form.

Estimate the cost of the fudge in the same way.

To what class of foods does sugar belong?

What does it do in the body?

Why should we not eat large quantities of sugar in any form?

Where is beet sugar made?

In what section do we find maple sugar?

How is maple sugar made?

What is the price of granulated sugar?

What does cane sugar come from, and how is it made?

HOUSEKEEPING

Care of Refrigerator

Look over the refrigerator daily to see that no food is left to spoil. Food with a strong flavor, or hot food, should not be put into the refrigerator.

Once a week every part of the refrigerator should be washed with a solution of washing-soda, a dish mop being used. Rinse, wipe as dry as possible, and air thoroughly before using again. Flush the waste-pipe with the soda solution.

Care of the Sink

Always pour dishwater through a sink strainer, and put the refuse left in strainer in garbage pail.

When dish-washing is finished, wash every part of the sink and sink strainer with hot, soapy water. Wash above and around the sink, and use a scrubbing brush and a skewer when necessary.

Flush the sink with boiling water every day, and about once a week with a strong, hot solution of washing-soda. (Cover 1 c. washing-soda with 6 qts. boiling water and let remain on the fire until all the soda is dissolved. Pour this, boiling hot, into the pipes, using 2 to 3 qts. for each sink.)

Garbage

Garbage should be burned, or should be put into large pails to be collected several times a week. These

garbage pails should be cleaned thoroughly with the hose, after emptying, and dried well in the sun. When necessary, a strong, hot solution of washing-soda should be used to clean them.

Scraps in the kitchen should be put into a granite-ware pail. This scrap pail should be emptied into the garbage pail every day. It should be washed as any other dish and thoroughly dried. Once a week it should be washed with the soda solution.

Care of the Range

When grease or other material is spilled on the range while cooking is being done, rub off at once with paper.

Beside cleaning out the ashes from the range every day, the space above and below the oven should be cleaned out about once a month, as the soot and ashes collected there prevent the proper heating of the oven.

Never blacken the range without cleaning it first. Moisten some stove polish with cold water and rub it over the range with a brush or cloth. Blacken when stove is cold.

Use a dry brush for polishing, rubbing very briskly. Begin at front of range when the stove is warm.

To Clean Metals

Always wash articles carefully before cleaning. After cleaning, wash in hot water containing ammonia, and dry carefully. The following cleansing agents may be used:

Tin. — Sapolio or silver-polish; whiting, moistened with ammonia, alcohol, or water.

Steel Knives. — Brick or Sapolio.

Silver. — Silver-polish, or whiting moistened with ammonia, alcohol, or water.

Gold. — Silver-polish, or whiting moistened with ammonia, alcohol, or water.

Copper. — Vinegar and salt, then ammonia.

Brass. — Vinegar and salt, then ammonia.

Zinc. — Whiting moistened with vinegar, or powdered pumice.

Iron. — Rub with oil, then scour with ashes or pumice-stone.

Nickel. — Silver-polish, or whiting moistened with ammonia, alcohol, or water.

What is the difference between an ice-box and a refrigerator?

Which requires the more ice?

Why?

How may you keep the ice from melting rapidly?

Why should you frequently flush the sink-pipes?

How should you care for a gas range?

Name a standard silver-polish.

Which is the cheapest silver-polish?

Experiments

Mix 1 tsp. cornstarch with ¼ c. cold water. State result.

Mix 1 tsp. cornstarch with ¼ c. boiling water. State result.

Mix 2 tsp. cornstarch with ⅛ c. cold water, and stir into ¼ c. boiling water. State result.

Taste this mixture; then boil 15 m. and taste again. What difference do you notice?

Mix 2 tsp. cornstarch with 4 tsp. sugar, and stir into ⅛ c. boiling water. State result.

Cream 1 tsp. flour with 1 tsp. butter, and stir into ⅛ c. boiling water. State result.

Cornstarch Pudding

1 pt. milk.	1 sq. chocolate.
1 tsp. vanilla.	1 spk. salt.
4 tbsp. cornstarch.	¼ c. sugar.

1. Fill mold with cold water.
2. Scald milk in double boiler. Mix cornstarch, sugar, and enough cold milk to make a smooth paste.
3. Pour the hot milk over this, stir, return to the double boiler and cook 30 m., stirring all the time until thick, and occasionally afterwards.
4. Remove from the fire, add flavoring, and pour into the mold.

5. Chocolate may be melted over hot water and added when the cornstarch begins to thicken.

Serve cold, with sugar and cream, or milk.

Pineapple Cream

2 c. milk.
3 tbsp. cornstarch.
3 tbsp. sugar.
Spk. salt.
Whites of 2 eggs.
4 tbsp. grated pineapple.

Cook as for cornstarch pudding; remove from fire and fold in lightly the whites of the eggs, beaten stiff, and the grated pineapple. Serve cold with cream.

To what class of foods does cornstarch belong?

What is its special use in the body?

CEREALS

The most important cereal food products are those prepared from wheat, corn, rice, and oats.

Composition

"Cereals contain all the food principles; they average about two-thirds carbohydrates, one-tenth protein, one-tenth water, and they contain a little fat and mineral matter."

Their chief value, however, lies in their starch composition, and because of this they require thorough cooking.

Rules for Cooking

Allow ¼ tsp. salt to 1 c. boiling water.
Allow 1 c. rolled cereal to 2 c. boiling water.
Allow 1 c. coarse cereal to 3 c. boiling water.
Allow 1 c. fine cereal to 4 c. boiling water.

Add salt to water and stir in cereal with a fork. Cook directly over the fire for five minutes, stirring constantly, then place in double boiler or fireless cooker.

Cook the coarse grains 7 or 8 h.
Cook the rolled grains in double boiler 45 or 60 m.
Cook the fine grains in double boiler 30 or 45 m.

Gruels

In many cases of sickness the patient is unable to take any solid food, and a gruel is prescribed by the physician. This is nothing but a cereal cooked with a much larger proportion of water; usually we use one tablespoonful of the cereal to one cup of water or milk, and cook very thoroughly. The gruel is then strained, seasoned with salt, and served very hot.

Indian Meal Gruel

4 tbsp. yellow corn meal. 4 c. boiling water.

Blend meal with a little cold water and stir into boiling water. Boil gently 2 hrs. Salt to taste. Sweeten if necessary, and add milk if desired. Strain, and serve hot.

Flour Gruel

1 c. milk. Spk. salt.
1 tbsp. flour. 1 doz. raisins.

Stone and quarter raisins, then add water to cover them; cook slowly until water has all boiled away. Add to gruel just before serving.

Gruel: Mix the flour with a little cold milk and stir into scalded milk. Cook in a double boiler ½ h., first boiling well over the fire. Add salt and raisins; strain and serve.

NOTE. — Do not use the raisins if the patient has bowel trouble.

Oatmeal Gruel

2 tbsp. rolled oats.
1 c. boiling water.
¼ tsp. salt.

Boil ½ h. or longer, strain, thin with hot milk, and serve.

Barley Gruel

1 tbsp. barley flour.
1 c. water.
¼ tsp. salt.

Mix flour with a little cold water, stir into boiling water, boil 30 m., thin with hot milk, strain, and serve.

Why serve cereals stiff enough to chew?

What fruits are most satisfactory to serve with them?

Why not acid fruits?

Why cook at first directly over the fire?

Which cereals are the more difficult to digest?

What is the advantage in buying cereals by the package? What is the disadvantage?

Name those that may be bought in bulk, and give the difference in price per pound.

RICE

Rice contains more starch and less fat than any other grain. It is a good food for people in tropical countries and is very easily digested. It should be combined with eggs, milk, or meat.

Boiled Rice

3 qts. boiling water.
1 c. well washed rice.
1 tbsp. salt.

To wash rice well, put into a strainer and set in a deep dish of cold water. Rub the rice, and lift the strainer in and out of the water, changing the water until it is clear.

Drain, drop the rice into the boiling water slowly, and lift up grains of rice from bottom of pan with a fork until the water is boiling rapidly again. Cook 20 m. to ½ h., or until soft, and add the salt when nearly done.

Drain in the strainer and dry in an open oven, or leave in stewpan, cover with napkin, and set back on stove to steam and become dry.

Save water in which the rice is boiled and use for soup, gravy, or rice pudding.

Molded Rice

1 c. well washed rice.
2 c. hot milk.
1 c. boiling water.
1 tsp. salt.

Scald milk in a double boiler, add rice, boiling water and salt, cover and let cook 45 m., or until kernels are soft. When cooked, uncover, that the steam may escape. (More water and less milk may be used.)

Place a layer of rice in cup.

Add layer of prepared dates, another layer of rice. Press firmly together. Turn from cups and serve with sugar and cream or milk.

Where does rice grow freely?

To what class of foods does it belong?

What vegetables may we substitute for it?

How does it differ from the potato in composition?

If used as a cereal, what proportions of water to rice would be necessary?

Name three different ways in which it may be served.

What is the average price per pound?

Estimate cost of the molded rice recipe.

VEGETABLES

Select vegetables carefully. Wash or scrub thoroughly, and if wilted, soak well before using. Choose those of medium size rather than large; buy when in season and use freely.

Preparation

Asparagus. — Wash, cut in inch pieces, or leave whole.

Beans, shell. — Shell and wash.

Beans, string. — Remove ends and string; cut in inch pieces.

Beets. — Scrub well, but do not cut.

Brussels sprouts. — Remove outside leaves and stand in salted water 20 m.

Cabbage. — Remove outside leaves; cut in large pieces; remove core; wash twice, and drain.

Cauliflower. — Wash; remove outside leaves; stand upside down in salted water 20 m.

Carrots. — Wash and scrape off the thin skin.

Corn. — Husk; remove silk and wash.

Onions. — Peel and wash.

Parsnips. — Wash and scrub.

Peas. — Shell and wash.

Potatoes. — Wash and pare; make a thin paring.

Summer squash. — Wash, and cut in small pieces.

Spinach. — Remove tough stems and wilted leaves. Wash in five waters.

Turnips. — Wash and pare; make a thin paring.

Boiled Potatoes

Select potatoes of medium size. Wash thoroughly, using a vegetable brush, and pare as thinly as possible, leaving them in cold water until ready to cook.

Cook in boiling, salted water, covered, until a fork pierces them easily (from 20 to 25 m.). Allow 1 tbsp. salt to 7 potatoes. The boiling water should cover the potatoes.

When done, drain off the water and shake the pan until the potatoes are dry and mealy.

Set on back of stove to keep warm, covered with a folded napkin or clean towel. Serve uncovered.

Mashed Potatoes

1 pt. mashed potatoes.
3 tbsp. hot milk or more.
2 tbsp. butter.
½ tsp. salt.
1 spk. pepper.

Cook potatoes as directed above and, when dry, mash at once in the pan in which they were cooked.

Add milk, butter, and seasonings, and beat with fork until white and creamy.

Reheat; pile lightly in a hot dish and serve uncovered.

Potato Cakes

Shape cold mashed potato into small round cakes and roll in flour. Butter a hot frying-pan, put in cakes, brown one side, turn and brown the other side, adding butter as needed to prevent burning. Remove to hot platter and serve.

Baked Potatoes

Select smooth, medium-sized potatoes and scrub them well with a brush.

Bake in shallow pan on rack of a hot oven until soft, about 45 m. Turn occasionally. Serve at once in an uncovered dish.

Creamed Potatoes

1 tbsp. butter.	¼ tsp. salt.
2 tbsp. flour.	1 spk. pepper.
1 c. milk.	1½ c. potatoes.

Make a white sauce.

Add 1½ c. cold boiled potatoes, cut in half-inch dice. Cook until potatoes are thoroughly heated. Add a little chopped parsley, if liked.

Slice a small potato very thin. Place in a glass of cold water and allow to stand for one-half hour or more. Notice the appearance of the water. What has taken place?

Hold a slice of the potato to the light. Draw, carefully, its appearance.

Boil the water in which the sliced potato stood. What change takes place?

What causes this change?

Where does most of the mineral matter of the potato lie?

Why should one not use potato water in cooking?

Stewed Tomatoes

Remove skins by placing in boiling water a few minutes. They will then peel off easily. Cut in pieces and stew in a granite saucepan until tender. To each

cup of tomatoes add 1 tsp. butter, ¼ tsp. salt, ¼ tsp. sugar, spk. pepper. Thicken, if desired, with 2 tbsp. cracker crumbs.

Scalloped Tomatoes

1 qt. stewed tomatoes or 1 can.
1 tsp. salt.
¼ tsp. pepper.
1 tbsp. sugar.
1½–2 c. bread crumbs
2–4 tbsp. butter.

Mix melted butter and crumbs. Sprinkle layer in bottom of baking-dish. Pour in half the tomato, scatter half the crumbs over this, add remaining tomato, cover with crumbs. Brown in a quick oven.

Spinach

Freshen four bunches of spinach, pick over carefully, and wash in five different waters. Place in a saucepan without any water. Cover the saucepan, stirring occasionally to prevent burning; cook 5 m. Drain in a colander and chop fine.

Melt 1 tbsp. butter in saucepan, add 1 tbsp. flour, ¼ tsp. salt, ⅛ tsp. pepper. Then stir in ¼ c. vinegar and ½ c. water and add 2 tbsp. sugar. Stir constantly and, when thickened, add the spinach. Serve, garnished with hard cooked eggs.

Why is spinach good for us?
How else may it be served?

White Sauce

1 c. milk.
2 tbsp. flour.
1 tbsp. butter.
¼ tsp. salt.
Spk. pepper.

Melt butter, add flour, salt, pepper, stir well together, add part of milk and stir until smooth and thick. Add half remaining milk, stir until boiling; add remaining milk and boil.

Creamed Carrots

2 c. cubed, cooked carrots.
1 c. white sauce.

Prepare carrots according to directions, cut into ½ inch dice, boil until tender in salted water, drain, and serve in white sauce.

Young carrots will cook in twenty to thirty minutes; the older ones will require one hour.

Green Peas

Prepare peas as directed. Wash the pods carefully and boil in a small quantity of water. Cook the peas in this water.

If young and fresh, the peas will cook in thirty minutes; when old, allow forty-five to sixty minutes. Drain, season with salt and butter, and serve. If desired, the liquid may be thickened like a white sauce and the peas served in this.

Always save the liquid in which peas have been cooked, as it may be used in soups.

SERVICE

The Breakfast Table

Arrange cups and saucers, creamer and sugar bowl, in front of the hostess. A coffee-stand should be placed at the right of the hostess for the coffee-pot.

All heavy dishes are placed in front of the host, so that he may serve.

With fruit, finger bowls should be used.

The Dinner Table

The carving set and knife and fork rests should be laid in front of the host. The host serves the fish and meat.

The soup ladle should be placed in front of the hostess, handle to the right. The hostess should serve the soup, salad, dessert, and coffee, and usually the vegetables.

The soup spoons should be placed at the right of the knives at each place, bowls up.

Rules for Serving

Cold food should be served on cold dishes, hot food on hot dishes.

Never fill glasses or cups more than three-fourths full. Fill before each course.

Do not let the table become disorderly during the meal.

When passing a dish, hold it so that the thumb will not rest upon the upper surface.

The waitress should stand at the back of the hostess, or while the meat is being carved, at the back of the host. She should take each plate from the left as it is ready to serve, in her right hand, and place it before the person for whom it is intended. Everything is served at the left, except liquids in glasses, or cups and saucers.

In passing dishes from which a person is to help himself, pass always to the left side, so that the food may be taken with the right hand.

All soiled dishes should be removed from the left. The waitress should never pile one dish upon another.

When one course is finished, soiled dishes should be removed first, then food, then clean dishes, then crumbs.

When folding the tablecloth or napkins always fold very carefully in the same creases.

PART II

EGGS

Eggs are a tissue-building food, the chief protein being a form of albumen. In food value and in digestibility they compare favorably with meat, and during the spring and summer should be freely used.

When an egg is perfectly fresh it will sink to the bottom of a brine made in the proportion of two ounces of salt to one pint of water; if stale, the egg will float upon the surface. If a stale egg is shaken gently it will give a rattling sound.

Soft-cooked Eggs

Place egg in stewpan of boiling water, using a spoon. Cover closely and place where water will keep hot, but where it will not boil. Cook 6 to 8 m.

Hard-cooked Eggs

Place egg in stewpan of boiling water, using a spoon. Cover closely and place where water will keep hot, but where it will not boil. Cook 40 to 45 m.

Poached Eggs on Toast

Have a shallow pan two-thirds full of boiling, salted water, allowing 1 tsp. salt to 1 pt. water. Put a slightly buttered muffin-ring in the water.

Break egg carefully into a cup and slip into muffin-ring. The water should cover the egg.

When there is a film on top, and the white is firm, carefully take up ring and egg with a buttered griddle-cake turner and place egg on a circular piece of buttered toast.

Pour boiling water over the white of an egg and boil hard. How does it appear?

Fry a little in hot fat. What is the effect?

Pour some water heated to 180° F. over the white and let stand five minutes. What is the appearance?

Why should you not cook your eggs at 212° F.?

How much water do you need to use when cooking one egg in the shell?

When cooking four?

Name the different parts of an egg.

Why does an egg become "stale"?

How many eggs of average size in a pound?

Compare the cost of steak and eggs.

Scrambled Eggs

4 eggs.	½ tsp. salt.
2 tbsp. milk.	Spk. pepper.

½ tbsp. butter.

Beat eggs slightly with a fork, add milk and seasoning. Melt butter in saucepan, turn in the egg mixture,

and stir over a slow fire until it begins to set. Remove from fire and cook over hot water until firm, but not hard. Serve at once on slices of buttered toast.

Light Omelet

2 eggs.	⅛ tsp. salt.
1 tsp. butter.	1 spk. pepper.

2 tbsp. water.

Separate yolk from white of eggs. Beat yolks until light and creamy, add salt, pepper, and water. Beat whites until stiff, cut, and fold them into the yolks.

Heat omelet pan, and butter sides and bottom. Turn in the mixture, spread evenly, place where it will cook slowly, occasionally turning the pan that omelet may brown evenly.

When omelet is well risen and delicately browned underneath, place pan on oven grate to finish cooking. Fold and turn upon a hot platter.

French Omelet

3 eggs. ½ tsp. salt. Spk. pepper.

Beat the eggs, with the seasoning, just enough to break the yolks. Melt ½ tsp. butter in a frying-pan. Turn in the egg mixture, and with a fork lift the cooked portions of the egg, allowing the liquid on top to run down underneath. When the egg is cooked, but still quite soft on top, slip the knife underneath and roll

the omelet to the center. Let it cook for a moment, then turn upon a hot platter. Serve at once.

Estimate cost of each recipe and note the number of people it will serve.

Egg Vermicelli

½ tbsp. butter.	¼ tsp. salt.
2½ tbsp. flour.	1 spk. pepper.
1½ c. milk.	4 to 6 slices toasted bread.

3 hard-cooked eggs.

Make a white sauce of the first five ingredients.

Chop the whites of the eggs, add to the white sauce, and pour over the toasted bread.

Press the yolks through a strainer and sprinkle over the top.

General Rules for Custards

When using milk and eggs together in cooking, cook them at a low temperature. Soft custards should be cooked in a double boiler. Baked custards should be set in a pan of hot water while baking.

When putting hot milk and cold egg together, pour the milk on the egg very slowly, while stirring.

Stir a soft custard all the time while cooking, and when done take out of the hot water immediately.

Should the custard curdle, place the saucepan in cold water and beat the custard with a Dover egg-beater.

A soft custard is done when it forms a coating on a spoon.

A baked custard is done when a silver knife inserted in the custard comes out clean.

Custard Sauce

1½ c. milk.	⅛ tsp. salt.
Yolks of 2 eggs.	½ tsp. vanilla.

¼ c. sugar.

Heat the milk in a double boiler. Beat the egg yolk slightly, add the sugar and salt.

Pour the hot milk over this mixture, stirring until the egg is all removed from the sides of the bowl.

Return to the double boiler, and cook until a coating is formed. Strain the custard and, when cool, flavor.

Three egg yolks must be used if the custard is not to be used as a sauce.

Baked Custards

2 c. milk.	¼ c. sugar.
3 eggs.	⅛ tsp. salt.

1 tsp. vanilla or a little grated nutmeg.

Beat the eggs and sugar together until light. Add milk and vanilla. Pour into buttered custard cups. Stand in pan of hot water.

Bake in oven until custards are firm in the middle. Turn out when cold.

Estimate cost of the egg vermicelli.

How could you turn the plain baked custard into a caramel custard?

When should custard desserts be served?

MILK

Signs of Good Milk

"There should be no sediment of dirt after standing. There should be about one-sixth the total depth of cream — the narrowing neck of the bottle may make it seem even more. The milk should keep sweet twenty-four hours, and when it tastes sour it should separate into curds and whey, not be simply a uniform white mass, as is likely to happen when soda is used to keep it." [1]

Cottage Cheese

Heat thick, sour milk over hot water until the whey separates. Place in cheesecloth and let drain until no whey remains. Salt to taste, adding a little cream to give the right consistency. Shape into balls of the desired size.

Butter

Use thick, sour cream. If a large amount, place in churn; if small, beat with spoon or egg-beater. When small globules of butter have formed, drain off the

[1] Mrs. Richards's "Food Materials and their Adulterations."

buttermilk, wash in clear, cold water, salt to taste, and shape in rolls or balls.

Junket or Thick Milk

1 qt. milk.	2 tbsp. cold water.
1 junket tablet.	¼ c. sugar.

Flavoring: vanilla, nutmeg.

(1 tbsp. liquid rennet may be used instead of junket.)

Place the milk in double boiler and warm it. Do not let it become hot.

Add the rennet dissolved in the cold water, and stir. Add flavoring.

Keep in a warm place till thick. Then set in a cool place, taking care not to shake it.

Serve cold with a custard sauce.

Why does milk sour?
What is the curd of the milk composed of?
What is cheese a substitute for?
What is condensed milk?
What is certified milk?

CREAM SOUPS

Cream soups are a combination of strained, cooked vegetable pulp and white sauce; sometimes a small amount of white stock is also used. The proportions are equal parts of pulp and white sauce. The vegetables

generally used are peas, beans, corn, asparagus, celery, and potatoes.

Usually the vegetable is cooked in a small quantity of water, and this is mixed with the pulp before measuring and adding to the white sauce, but with potatoes the water is not used.

The amount of starch in the vegetable used will make it necessary for more or less flour to be used in the white sauce; the final consistency of the soup should be that of good cream. If the soup stands any length of time it will become too thick, but may be thinned with hot milk. Allow one cup of soup for each person when planning your meal.

Potato Soup

1 c. potatoes.	3 tbsp. butter.
3 c. milk.	2 tbsp. flour.
1 c. water.	½ tsp. salt.
1 stalk celery.	Spk. pepper.
¼ onion.	Spk. celery salt.

Boil potatoes, and mash. Cook milk, celery, and onion together 20 m. in double boiler. Add to potato, thicken as for white sauce, strain, and serve at once.

Mock Bisque Soup

2 c. milk.	3 tbsp. butter.
3 tbsp. flour.	Spk. pepper.
2 c. tomato juice.	¼ tsp. baking soda.

½ tsp. salt.

Combine milk, butter, flour, salt, and pepper as for white sauce. Heat tomato and stir in soda, let the mixture stand 5 m., add to the white sauce, heat, and serve immediately.

Corn Soup

½ pt. water.
1 pt. canned corn.
1 pt. white sauce (thin).
2 tbsp. minced onion.
½ tsp. salt.
⅛ tsp. pepper.
⅛ tsp. celery salt.

Cook corn and water fifteen minutes. Strain. Cook the onion in the milk, in a double boiler, before making the white sauce. Add the strained corn pulp and seasoning to white sauce, and serve.

Tomato Soup

1 pt. strained tomato juice.
1 pt. water in which peas and pea pods have been cooked.
1 tbsp. onion.
2 tbsp. butter.
3 tbsp. flour.
1 tsp. salt.
⅛ tsp. paprika.

Brown the onion in the butter, add the flour, salt, pepper, and stir the tomato juice in slowly. Strain into the pea liquid, heat, and serve.

Why do you use soda in the mock bisque and not in the other tomato soup?

Estimate the cost of the corn soup.

When would you usually serve cream soup?

MEAT

The most important of the protein foods are found among the different varieties of meat. All meat is composed of water, protein and fat, the proportions of each varying in different cuts from the same animal, and in different animals.

Beef is more commonly used than any other meat. It is best when taken from a young, full-grown animal, four to eight years old. The lean meat should be firm yet juicy, and should turn a bright red when cut. The fat should be generous in amount, creamy white in color, and firm to the touch.

Next to beef, in importance, stands mutton; this, like beef, is found in the market the year round, and, if the sheep be not more than three or four years old, is good. The lean meat should be bright red in color, fine grained and juicy. The fat, however, is stronger in taste, whiter in color, harder in appearance, and less digestible than beef fat.

Veal, lamb, and pork are less digestible than beef and mutton and require more thorough cooking.

Poultry includes all domestic fowls; it is more expensive than the varieties of meat already mentioned, and

likewise contains less nourishment, but the flavor is usually more delicate.

Game includes all varieties of wild animals used as food, such as venison, bear, partridge, quail, rabbits, wild turkeys, and squirrel.

Pull a small piece of lean meat apart.

What is the protein of meat called?

Scrape a small piece of meat.

Cook and taste both the portion scraped and that remaining. (Cook in the frying-pan.)

What is the effect of heat on the meat?

Which portion is palatable?

Place a small piece of lean meat in cold water; after fifteen minutes note the result.

Pour boiling water over a piece of meat. What happens?

What causes the change to take place?

Where have you seen the same result before?

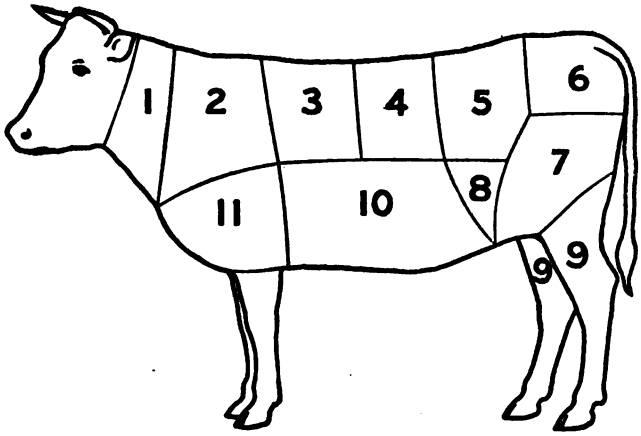

Diagram of side of beef.

1. Neck.	5. Sirloin.	9. Shank.
2. Chuck.	6. Rump.	10. Plate.
3. Rib.	7. Round.	11. Clod.
4. Short Loin.	8. Flank.	

Where will we find the tender meat in an animal?
Name the three cuts that are the least tender.
What are these used for?

Soup Stock

6 lbs. shin of beef, well broken.	½ c. onions.
6 qts. cold water.	½ c. carrot.
1 tbsp. salt.	½ c. turnip.
12 pepper-corns.	½ c. celery.
6 cloves.	2 sprigs parsley.

Remove ½ lb. lean meat. Wash meat and bone carefully. Put all but the half pound into the cold water and let stand 15 m., then bring slowly to boiling point. Brown the diced vegetables in the marrow fat, skim from the spider, and place with the meat. Add the lean meat, cut fine, and brown that in the remaining fat. Add this to the boiling stock and let the whole simmer for 5 to 6 h. Add salt just before removing from fire.

Strain and cool. When ready to serve, remove fat and reheat. (If a brown color is not desired, place all the meat and vegetables in the cold water at once.)

Croutons

Cut stale bread in one-third inch slices and remove the crusts; spread thinly with butter; cut the slices in one-half inch squares, lay in pan buttered side up; put in the oven and bake until a light brown, or brown, without adding any butter.

Beef Tea

3 lbs. round steak.
1 qt. cold water.

Cut into half-inch cubes, place in bowl and pour water over, let stand one hour, simmer 2 to 3 h. Strain, season, cool, remove fat, reheat, and serve. (Season with salt alone, unless the physician says pepper may be used.)

In sickness the physician often prescribes broth or beef tea, which is a form of simple soup stock.

Mutton Broth

2 lb. neck of mutton.
1 slice onion (medium size).
1 qt. water (cold).
¼ tsp. salt.

Cut meat into small pieces, place in bowl with seasoning and water, let stand 1 h. Simmer 3 to 4 h. Strain, cool, remove fat, reheat, and serve. (Beef broth may be made in the same way, using meat from the round.)

Beef Extract

1 lb. of beef from top of round.

Wipe meat, remove all fat, and cut into small pieces. Place in quart fruit jar and put on cover. Place on trivet in kettle and surround with cold water.

Let water heat slowly, care being taken that it does not boil. Allow the meat to stand in water for 2 h.

Strain; press the meat to obtain all the juices. Salt, or not, as the physician directs.

Name four different soups that may be served, using the same stock for each soup.

Broiled Steak

Meat:

Top of the round.
Porterhouse steak.
Sirloin steak.
T-bone or short steak.

Thickness:

One to one and a half inches.

Time:

One inch, — 8 m.
One and a half inches, — 11 m.

Directions:

Trim, remove superfluous fat;
Rub granite or iron pan with a little fat;
Place under hot gas in broiling oven;
In 4 m. turn, or
Rub a broiler with a little fat;
Prepare a bed of coals (glowing red);
Place meat in broiler directly over coals;
When seared on under surface, turn;
Then turn every 2 or 3 m.

Test when done:

Brown on surface, puffed up and elastic in appearance. When cut there should be a thin crust, and the rest should have an even, red color.

Pan-broiled Steak

Prepare as before. Have cast-iron griddle smoking hot, place meat on griddle, sear quickly on one side,

turn and sear the other side, and turn once or twice more. Cook a little longer than when directly over the fire.

How can you recognize porterhouse steak?

Draw the shape.

The short steak?

Draw the shape.

Why do the juices of steak remain in the meat when it is properly cooked?

How may round steak be made more tender?

a.

b.

Broiled Meat Cakes

Buy round steak and run it through the meat-grinder. To 1 lb. of meat add

2 tbsp. minced onion.
¾ tsp. salt.
¼ tsp. pepper.

Mix lightly together and shape into small flat cakes. Cook as you would pan-broiled steak.

Beef Stew

1 lb. meat, neck or round.
3 potatoes, medium size.
2 carrots, medium size.
2 turnips, medium size.

1 onion, medium size.
3 tbsp. beef fat or marrow from bone.
1 qt. water.
1 tsp. salt.
¼ tsp. celery salt.
⅛ tsp. pepper.
⅛ tsp. paprika.
4 tbsp. flour.

Cut the tender meat into pieces about one and a half inches square. Place any bone there may be, and the tough pieces of meat, in cold water, and bring slowly to the boiling-point. Roll the tender pieces of meat in the flour, and brown in the beef fat or marrow. Add to the rest of the meat and simmer 3 or 4 h.

Prepare the vegetables, cut into half-inch dice and add to the boiling stew. Allow ½ h. for the carrots, turnips, and onions, and 20 m. for the potatoes. (Parboil the potatoes before adding.)

Remove the bone and tough portions of the meat, season to taste, thicken to the consistency of a thin white sauce, and serve with dumplings.

Dumplings

1 c. flour.
½ tsp. salt.
2 tsp. baking powder.
Milk.

Sift all the ingredients into a bowl. Add milk to make a soft dough.

Drop by spoonfuls into the boiling stew, cover closely and cook 15 m. without removing cover.

Be careful not to have too much liquid, or the dumplings will be heavy.

Why do you brown the tender meat?
Why place the rest in cold water?
Why parboil the potatoes?
Estimate the cost of the beef stew.

Left-over Meat Dishes

Remove all bone and gristle, and most of the fat. Use the bones in making soup stock or a sauce in which to serve the meat. Season the meat highly. Combine with potato, rice, macaroni, or spaghetti. If possible, use a little tomato with the meat. If the meat is tender, simply reheat; if tough, simmer until tender.

Cottage Pie

2 c. cooked meat (diced fine).
2–3½ c. meat sauce, onion flavor.
3 c. mashed potato.

Place meat in baking-dish, pour sauce over, cover with mashed potato, and brown in a quick oven. Serve hot.

Scalloped Mutton

Remove the fat and skin from cold roast mutton; chop, and season with salt and pepper.

Butter a shallow baking-dish; put in a layer of crumbs, then a layer of meat.

Next put in a layer of tomato sauce or brown gravy, and one of cold boiled macaroni, if liked.

Continue in this order until the dish is nearly full.

On top spread a thick layer of crumbs mixed with 2 tbsp. melted butter.

Bake in a hot oven till the crumbs are brown.

Hash

Mix and heat together equal parts of chopped, cooked meat and chopped, boiled potatoes.

If dry, add 1 tbsp. butter or beef drippings, and 2 tbsp. hot water, to every 2 c. of hash.

Season with salt and pepper, adding onion juice, parsley, or other seasoning, if desired.

Rice Balls

2 tbsp. boiled rice.

Salt and pepper to taste.

2 tsp. chopped meat (beef, mutton, chicken, etc.)

Spread rice on square of cheesecloth, and place seasoned meat in the center. Take up the cloth and form a solid ball, having the rice entirely surround the

meat. Tie with twine. Cook in boiling water 10 m. Serve with tomato sauce.

The amount given is for one rice ball.

Minced Meat on Toast

Chop fine any cold, cooked meat.

Moisten with gravy, season, and heat.

Spread on slices of crisp, buttered toast, dipped in hot salted water.

What kinds of fat may be used for frying?

How may we clarify this fat?

What are beef drippings?

What may they be used for?

GELATINE

Lemon Jelly

½ box gelatine, or 2 tbsp. granulated gelatine.
½ c. cold water.
2½ c. boiling water.
1 c. sugar.
½ cup lemon juice.

Fill mold with cold water. Soak gelatine 20 m. in the cold water, and add the boiling water. Stir, add sugar and hold over hot water until all sugar and gelatine are dissolved. Add lemon juice and strain into cold, wet mold.

Raspberry Cream

½ box gelatine. 1 pt. raspberry juice.
½ c. sugar. 1 pt. cream.
½ c. cold water.

Cover gelatine with water, and soak ½ h., then stand it over boiling water until thoroughly dissolved. Add to it the sugar and raspberry juice, and strain into a dish.

Place the dish in a pan of ice, and stir continually, until the mixture thickens, then add the cream, whipped. Stir carefully until thoroughly mixed. Pour into a mold, and stand in a cold place to harden.

What is its chief source of gelatine?
How is it obtained?
What is its chief food value?

FISH

Fish stands next to eggs and meat as a protein food. All fish may be divided into three classes — white fish, oily fish, shellfish. The oily fish are the richest in extractives and fat, but are less easily digested than the white fish.

Only fresh fish should be purchased; if good, the flesh will be firm and plump, the gills red, and the eyes bright.

Boiled Fish

Wash the fish well in cold water, wipe carefully, and rub with a little salt.

Wrap in cheesecloth, tie the ends, and place in fish kettle. Cover with boiling water. Add

1 tsp. salt.	Slice of onion.
1 bay leaf.	Sprig of parsley.

Cover and simmer 10 m. to every pound. Take the fish from the water as soon as it is done, drain, remove the cloth carefully; turn the fish on a hot plate and garnish with slices of lemon and parsley.

Fried Fish

Clean the fish and wipe as dry as possible. Sprinkle with salt and pepper, roll in flour, then dip in white of egg and roll in bread crumbs or corn meal.

Put into a frying-pan 2 tbsp. of fat which must become very hot before the fish is put in. Turn the fish with a broad knife or pancake turner, with care not to break the fish.

When cooked an amber color it is ready to turn. In serving lay the slices of fish overlapping each other on a hot dish, and garnish with slices of lemon and parsley.

Baked Fish

Scrape the fish free from all scales. Make a small opening down the under side and remove the vitals.

Wash well inside and out, wipe dry with a clean towel. Rub well with salt. Make a dressing of

1 c. stale bread crumbs.	2 tbsp. chopped parsley.
2 tbsp. melted butter.	1 tsp. salt.

Mix well and stuff the fish, sewing it up with soft yarn.

Score one side of the fish with a sharp knife, making the scores about one inch apart, and dredge thickly with salt, pepper, and flour.

Baste every ten minutes with the gravy in the pan.

Make a list of the oily fish found in your market, with price per pound.

Make a list of the white fish, with price per pound.

Name the common shellfish.

Name the fish which we may buy dried or salted.

Fish Balls

1 c. shredded codfish.	Salt and pepper to taste.
2 c. mashed potato.	1 egg.
1 tsp. butter.	

Boil fish and potato together; drain well. Mash, adding seasoning and beaten egg.

Shape in small balls, or drop by spoonfuls into hot fat and fry until a rich brown. Drain on brown paper. Serve hot. If desired, dip in beaten egg and roll in sifted, dried bread or cracker crumbs before frying.

Creamed Codfish

Split salt fish into small pieces. Soak in cold water over night. Pour boiling water over it twice in the morning. Drain and stir into a white sauce to which you have added three eggs, hard cooked, and cut into small pieces. Proportions:

2 c. fish. 3 eggs. ¾ c. white sauce.

Serve with baked potatoes.

BEANS

Sometimes we cannot obtain either meat or fish, or we do not care to serve animal food, yet we must have our protein in some form. Then we find that certain vegetables will work in very well, and peas and beans head the list. This form of protein is not so easily digested, nor is it so thoroughly assimilated by the system, and it would be very unwise to use it commonly, but occasionally it is most acceptable.

We may serve plain boiled lima beans, Boston baked beans, or bean soup; but with many the Spanish beans will prove to be the most appetizing.

Spanish Beans

2 tbsp. vinegar.	Salt to taste.
1 onion.	1 spk. cayenne.
2 tbsp. sugar.	2 c. tomato.
1 pt. pink beans.	¼ of a red pepper.

4 tbsp. butter.

1. Soak the beans over night; boil in salted water until tender.

2. Change the water three times during cooking. Be sure to add boiling water each time.

3. Remove two-thirds of the beans.

4. Add remaining materials, with exception of salt and butter, to beans left in kettle, and boil ½ h.

5. Press these beans, with the onion, etc., through a sieve; add the water they were boiled in.

6. Pour this mixture over the whole beans, heat again, adding 4 tbsp. butter, and salt to taste.

NOTE. — A 2-in. piece of fat salt pork may be boiled with the beans, and less butter used.

Lima Beans

1 pt. dried Lima beans.

Pick over carefully, wash, soak in cold water over night. Place in fresh boiling water and cook gently 1 to 1¼ h.

Drain, season with salt and butter, and serve hot.

Estimate the cost of the Spanish beans.

Make a list of vegetables that are rich in protein.

HOUSEKEEPING

Laundry Work

When preparing for laundry work, sort out the clothes carefully, remove stains, prepare the first water, and place the more delicate articles in it. If the water is hard, soften by the use of a very little soda water (sal soda dissolved in hot water) or borax water. Vary the amount of soap according to the kind used. Soak all white clothes for an hour or more before washing; wash the delicate articles without rubbing; put clothes through five waters, if possible. Make bluing water the shade of the clear sky at the zenith.

Set the color in delicate fabrics. Sugar of lead is good for blues. Use 1 oz. to 1 gal. of water, and soak 1 h. (Remember that this is a poison and keep it on a high shelf, plainly marked.) Ordinary colors will do well with salt in the rinsing-water after the first time; allow 1 tbsp. salt to 1 qt. of water. Vinegar is often used for lavender and purple; the proportion is the same as salt. Alum is good for green; the proportion is the same.

When possible, boil all white clothes, using a small amount of soap in the water.

Hot starch should be used generally for all clothes that are to be stiffened. Use

1 tbsp. starch. ½ tsp. borax.

Mix with a little cold water and stir in boiling water until transparent.

Flannel and silk should be washed in warm, soapy water (Wool Soap or Ivory Soap will give good results), rinsed carefully in water of the same temperature, and hung to dry immediately. (Always wash these by hand, without using the washboard.) Iron the silk before it is fully dry, but allow the flannel to dry thoroughly. Very soft silk may be dipped in water in which gum arabic has been dissolved. Mix 1 oz. of gum with 1 pt. of hot water, strain through a cloth, and use 2 tsp. to 1 c. of water.

To Remove Stains

Tea or Coffee. — Rinse well and pour boiling water over the stain.

Chocolate. — Sprinkle with powdered borax and soak well in cold water. Add boiling water.

Fruit. — Dip into Javelle water and rinse thoroughly, or treat like tea stains.

Ink. — Soak two or three hours in coal oil, remove and wash in strong soap-suds, or rub with lemon juice and salt.

Calla lily. — Nothing satisfactory; try ammonia several times.

Milk. — Wash quickly in cold water.

Scorch. — Hang in sun and try soap solution.

Grass. — Wash in alcohol and rub well.

Paint. — Rub with benzine or turpentine.

Blood. — Soak in cold water until stain turns brown, then wash in warm water and soap.

Mildew. — Rub lemon juice upon the spots and place in sunshine. Salt may also be used.

Iron Rust. — Spread carefully over bowl in which you have placed ½ tsp. borax and 1 pt. water. Drop by drop apply acid until the stain brightens; then dip directly in water. Repeat if necessary. It is often wise to add ammonia to the rinsing water.

Javelle Water

4 lbs. washing soda.
4 qts. boiling water.
1 lb. chloride of lime.

Dissolve soda in water in agate or granite-ware kettle, boil 10 m., stir in the lime gradually. When cold, strain through cloth and place in bottles. For ordinary bleaching, use 1 c. to 8 qts. of water. Do not leave in the water over 5 m.

What is the difference between soft and hard water?

What makes a good soap?

How do you prepare an ironing board?

What is the best shape and why?

BATTERS

Any mixture of flour and liquid thin enough to be beaten is called a batter. Batter may be divided into three classes, — thin, thick, and drop-batters.

The proportions for the thin batters are equal parts of flour and liquid.

The proportions for the thick batter are twice as much flour as liquid.

A drop-batter requires enough flour to cause it to fall readily from the spoon.

Popovers

1 c. flour.	1 egg.
1 c. milk.	¼ tsp. salt.

Sift flour into bowl. In the center of the flour place the egg, unbeaten, add the salt and milk, stir until thoroughly mixed, then beat for a moment. Bake in a moderate oven 30 to 40 m. Or: Beat the egg (it is better if two are used) separately, add milk to yolk, and stir into dry material. Beat with Dover egg-beater. Then fold in stiff white.

What makes the popovers light?

Experiments

Place 1 tsp. soda in a glass. Add ¼ c. cold water. Note results.

Place 2 tsp. cream of tartar in a glass. Add ¼ c. cold water. Note results.

Mix 1 tbsp. of the soda water with the cream of tartar. Note results.

Mix 1 tbsp. of soda water with 1 tbsp. vinegar. Note results.

What does soda come from?

What does cream of tartar come from?

What is the name of the product formed from their union?

General Rules for Baking Powder

2 tsp. baking powder to 1 c. flour without eggs.

1½ tsp. baking powder to 1 c. flour with eggs.

1 tsp. baking powder and ½ tsp. soda to 1 c. solid sour milk.

Rules for Mixing and Baking Quick Breads

Sift dry materials.
Mix liquid materials.
Stir liquid into dry.
Add shortening, melted.
Beat well for two or three minutes.
Bake in a quick oven.

NOTE:

Stir all mixtures to make them smooth.
Beat all mixtures to make them light.
Cut the stiff whites of eggs into a mixture.

ORDER OF WORK:

Look after the heat of the oven; if you have a gas range, light the oven.

Butter the baking-tins with any sweet, fresh fat.

Get the utensils ready for work.

Prepare the materials.

Mix.

Baking-powder Biscuits

2 c. flour.
4 tsp. baking powder.
½ tsp. salt.
2 tbsp. lard or butter.
Milk or water to make a soft dough.

Sift dry materials. Cut or chop in butter or lard, using a case-knife. Add enough liquid to make a soft dough. Turn upon a floured board, pat lightly into shape, half an inch thick. Cut, place on a slightly floured tin, and bake in a hot oven about 10 m.

Change this biscuit recipe into shortcake dough.

Name the different fruits commonly used for shortcake.

Write the directions for making shortcake.

Griddle Cakes

3 c. flour.
1 tsp. salt.
4 tsp. baking powder.
2 eggs, well beaten.
Milk to make a soft batter.
2 tbsp. butter.

Sift dry ingredients, add beaten eggs and milk, beat well and add butter.

Drop by spoonfuls on a hot, greased griddle. Turn when full of bubbles on top and cooked on edges. Cook the other side till brown.

Sour Milk Griddle Cakes

2½ c. flour.	½ tsp. salt.
2 c. sour milk.	1 egg.

1 tsp. soda.

Syrup

2 c. brown sugar.	⅔ c. water.

Stir till dissolved and bring to the boiling point.

Boil 5 m.

What is baking powder?
Name two standard kinds.
What is the price of baking powder per pound?
How many teaspoons in a half pound?
What kind of a griddle is best for hot cakes?
What comes next?
Reduce the recipe for griddle cakes to one-eighth.

Cornmeal Muffins

1 c. flour.	1 egg.
½ c. corn meal.	3 tbsp. butter.
¼ c. sugar.	2 tsp. baking powder.
1 c. milk.	½ tsp. salt.

Sift dry ingredients, add milk, well-beaten egg, and melted butter. Place in greased pans and bake fifteen to twenty minutes, in a quick oven.

Graham Muffins

1 c. Graham flour.	1 egg.
1 c. white flour.	½ tsp. salt.
1 c. milk.	2 tbsp. butter.
¼ c. sugar.	3 tsp. baking powder.

Mix, and bake like corn meal muffins.

Estimate the cost of both of these recipes.

Wheat Muffins

2 c. flour.	1 egg.
1 c. milk.	2 tbsp. shortening.
¼ c. sugar.	3 tsp. baking powder.

½ tsp. salt.

Sift dry materials, beat egg, add milk, stir into dry materials, and add shortening, melted. Bake in buttered pans 20 m. in a quick oven.

Estimate the cost of this recipe.

How many should it serve?

Boston Brown Bread

2 c. corn meal.	3 c. warm water.
1 c. rye or Graham flour.	3 tsp. soda.
1 c. common flour.	½ tsp. salt.

1 c. molasses.

Sift the dry materials, add liquid, and steam in one dish four hours, or in tiny cups three-fourths of an hour to one hour.

Explain what takes the place of the cream of tartar in this recipe.

What might be used in place of the water?

CAKE

General Rules for Cake

Prepare oven; prepare tins; prepare utensils; prepare ingredients; cream butter; add sugar gradually; separate eggs; beat yolks creamy; beat whites stiff; sift flour, salt, baking powder.

Add a little of the dry materials to the creamed butter and sugar.

Mix milk and egg yolk. Add half to creamed mixture.

Alternate with dry material until all is added. Fold in stiff whites and flavoring. Bake in a moderate oven. If it is a layer cake use a quick oven. If a moist cake is desired, add eggs, unbeaten, to creamed butter and sugar.

Plain Cake

4 tbsp. butter.
1 c. fine granulated or powdered sugar.
2 eggs.
½ c. milk.
2 tsp. baking powder.
1¾ c. flour.
1 tsp. spice or ½ tsp. flavoring.
1 spk. salt.

Suggest four variations made from this recipe.

Estimate the cost of the plain cake.

Sponge Cake

1 c. sugar.	4 eggs.
1 c. flour.	3 tbsp. milk or water.
1 tsp. flavoring.	2 tsp. baking powder.

¼ tsp. salt.

Separate eggs, beat yolks creamy, whites stiff. Add sugar lightly to yolks, then flour and baking powder,

sifted thoroughly together. Stir the milk, flavoring, and salt in lightly, then fold in stiff whites. Bake in a moderate oven.

What is the difference between angel cake and sponge cake?

Which is the more tender and why?

Estimate the cost with eggs at 60¢ per dozen and at 25¢ per dozen.

Gingerbread

1 c. molasses.	¼ c. shortening.
½ c. sugar.	1 tsp. ginger.
3 c. flour.	1 tsp. soda.
1 c. boiling water.	¼ tsp. salt.

1 egg.

Cream butter, add sugar, well-beaten egg, molasses, and salt. Stir in the flour and soda, thoroughly sifted together. Pour the boiling water over the ginger, and add last. Beat well and bake in a shallow pan in a moderate oven.

What could we add to this which would change it into a spice cake?

Give the exact amounts needed.

CANDY

Fondant

2 c. granulated sugar.
½ c. water.

Boil until it threads on a fork (242° F.). Do not stir while cooking. Remove from the fire. When lukewarm, beat until creamy and stiff enough to handle. Knead lightly until soft and pliable.

Boil the sugar and water gently; if the side of the saucepan becomes covered with granulated sugar, wipe it off with a damp cloth, and if the sugar granulates when you begin to stir it, add more water and boil again.

Butter-scotch

1 c. butter.
1 ⅔ c. sugar.
5 tbsp. molasses.
½ tsp. vanilla.

Boil molasses, sugar, and butter twenty minutes, stirring as little as possible, add flavoring and turn into prepared dishes. Cut when it begins to stiffen.

Bonbons

Roll candied fruit or nuts into some of the fondant, making small balls. Dip in some fondant melted over hot water. Be sure and stir the fondant while it is melting.

Compare the cost of bonbons made from fondant and the high-priced ones in stores.

Write out directions for making chocolate creams.

Write out directions for making peppermints.

COOKIES

In rolling cookies, handle the rolling-pin very lightly and roll only a small amount of dough at a time. Use as little flour as possible on the board and be sure that the cookies are not floury when placed in the oven. Watch the oven carefully, as they burn very easily. Cool thoroughly before placing in pail, jar, or can.

Ginger Snaps

1 c. molasses.	4 tbsp. butter.
1 tsp. ginger.	1 tsp. soda.
Spk. salt.	Flour to make stiff dough.

Boil molasses, add butter, ginger, salt, soda, flour. Roll very thin, cut in rounds, and bake in a moderate oven.

Plain Cookies

1 c. sugar.	1 egg.
½ c. butter.	¼ tsp. salt.
½ c. milk.	½ tsp. flavoring.

2 tsp. baking powder.

Flour to make a dough stiff enough to roll.

Roll one-eighth inch thick, cut in rounds, and bake in a quick oven.

Fruit Cookies

½ c. butter.	¼ tsp. salt.
¾ c. sugar.	½ tsp. cinnamon.
2 eggs (small).	½ c. chopped walnuts.
½ tsp. soda.	¼ c. currants.
3 tbsp. hot water.	¼ c. raisins, seeded and chopped.

About 1¾ c. flour.

Cream the butter. Add the sugar gradually, then add the eggs, well beaten, the soda dissolved in the hot water, and one-half of the flour, mixed and sifted with the salt and cinnamon.

Then add the walnuts, raisins, and currants, and the rest of the flour. Drop by spoonfuls one inch apart on a greased pan, and bake in a moderate oven.

HYGIENE

You have studied hygiene in your class-room and you know what the word means and how it applies to the person and the public. Water, milk, fruits, and vegetables, the city markets, the streets of the town, the collection and care of the garbage, the care of basements, alleys, and back yards, the style of the buildings, the hospitals for the care of the sick, all have to do in one way or another with public hygiene.

How do water and milk affect the public health?

How may fruits and vegetables be kept in a hygienic condition?

What should be the condition of basements?

What should be the condition of alleys?

Give two ways in which you can help the public good health.

1.

2.

However carefully the public may plan, the results will not be satisfactory unless each individual looks after his own personal hygiene. We are so closely bound together, especially in city life, that no one can exist to himself alone. You have learned that certain things lead to increased health and strength. Name some of these things.

1.

2.

3.

4.

If you have indigestion how can you probably overcome it?

How are you going to care for your teeth, and how often will you visit the dentist?

Why are you to use your own personal towel and drinking-cup?

Why are you to sleep with your windows open both top and bottom?

How will you help destroy flies and mosquitoes?

MARMALADE

Orange Marmalade

5 large oranges.	2 qts. water.
2 lemons.	2 lbs. sugar.

Slice oranges thin, add juice of lemons and pour over the water. Let stand 24 h. (uncovered except by a thin cloth). Cook until the rind is tender and let stand 24 h. longer.

Add the sugar and cook gently until it jellies. This should make six glasses.

Peach Marmalade

Peel peaches, halve; measure. To 6 qts. peaches take one quart water, cook gently one hour, add half the quantity of sugar, cook one hour, stirring often.

Rhubarb with Pineapple Marmalade

4 lbs. rhubarb.	4 lbs. sugar.

1 pineapple.

Cut pineapple fine and rhubarb into half-inch pieces, cook together until tender, add sugar, and cook until it thickens slightly.

Add a very little water when beginning to cook.

What must you do to the glasses before pouring in the marmalade?

Why must this be done?
How should the glasses be covered?
Name other kinds of marmalade.

BREAD

In our work with marmalade we have been very careful to destroy anything that might cause fermentation in our finished product. Now we are going to work with just the opposite idea in mind. Our earlier lessons in doughs have been where the carbon dioxide was quickly formed and quickly escaped. When we study bread, we find that even the quickest process requires several hours, and frequently six to eight hours pass before the finished loaves come from the oven.

The foundation of good bread is good flour and good yeast; let either of these be poor and the result is a partial failure. By good yeast is meant fresh, pure yeast which will grow rapidly and help to produce the carbon dioxide we want, and only that. Yeast is a tiny plant that grows very rapidly but cannot be seen without a microscope; to develop thus rapidly it must have a warm, *not hot,* atmosphere, with plenty of food and drink. As it grows in the dough it splits up the sugar in the mixture, and from this comes the carbon dioxide which makes the bread light. A certain amount of alcohol is also thrown off, but this escapes before the bread is thoroughly baked.

Remember first the three necessary ingredients in

good bread: good flour, good yeast, milk or water; then the three accessories which are added to make it taste better: sugar, salt, shortening.

The kneading is necessary to make the gluten elastic, for without this we could not have spongy bread. If possible, let this be done in the home with the bread-mixer, leaving the hand-kneading to the end of the process when the dough is shaped into loaves.

Bread Made with Milk or Water

2 c. boiling water, or	1 tbsp. sugar.
1 c. milk and 1 c. water.	½ tbsp. salt.
1 tbsp. butter.	¼ yeast cake.
1 tbsp. lard.	¼ c. lukewarm water.

About 6 c. sifted flour.

Place shortening, sugar, and salt in a large bowl, pour in the boiling water, or boiling water and scalded milk.

When the mixture is blood warm, add the dissolved yeast cake and 5 c. flour. Stir till thoroughly mixed, using a knife or wooden spoon.

Add remaining flour, mix, turn on a floured board, leaving a clean bowl. Knead until the mixture is smooth and elastic to the touch, and bubbles may be seen under the surface.

Return to the bowl, cover with a clean cloth and a board or tin cover, let it rise over night in a temperature of 65° F. Or, use a whole yeast cake and let it rise for 2 or 3 h., or until 2½ times its original size.

Turn on floured board, knead, shape in loaves or biscuits, place in greased pans, having the pans nearly full.

Let the dough rise to double its size, and bake in a hot oven. This will make a large loaf of bread and a pan of biscuit.

What is the protein of wheat called?

What are the two carbohydrates?

What are the two chief classes of flour?

What is the difference between them?

Describe the appearance of gluten.

Name three varieties of yeast.

Which would you take with you far out in the country? Why?

Graham Bread

2½ c. boiling water.	1 tbsp. salt.
2 tbsp. shortening.	About 4½ c. white flour.
½ cake yeast.	½ c. lukewarm water.

Make a sponge of this over night. In the morning add 1 c. molasses and enough Graham flour to make a stiff batter, about 1½ c. (If very coarse, the flour should be sifted.)

Put in greased pans and let it rise until double in bulk. Bake 1 h. This will make two loaves.

If very dark molasses is used, add ½ c. sugar to the shortening and salt, and use only ½ c. molasses in morning.

What is Graham flour?

Why bake in small rather than large loaves?

How should you care for the bread when it is baked?

Why is bread more digestible the day after it is baked?

Quick Bread

1 pt. warm water or milk (scalded).
1 tsp. salt.
2 tsp. sugar.
2 tsp. shortening(beef fat or lard).
2 yeast cakes (dissolved in 1 c. of the liquid).
Flour to make a soft dough.

Mix and knead like any bread. Put in a warm place and watch carefully; when light, knead, shape in small loaves, let rise again until a little more than double in size, and bake in a moderate oven 40 to 45 minutes. The whole process should not take much over two hours.

Why does this bread rise so much more rapidly?

Give the signs by which you should know a good loaf of bread.

1.
2.
3.
4.

What causes sourness in bread?

THE CARE OF THE BEDROOM

The only room in which we are likely to pass six to ten hours daily, without any change, is our sleeping-room. No other room in the whole house should be more carefully selected or better ventilated than this. The best of all is to sleep out of doors, but only a few can do this, and we must try to make the air in our rooms as much like outdoor air as we possibly can.

In selecting our sleeping-room let us have a sunny exposure, with windows, if possible, on two sides, and the space so planned that a bed may fit in without standing in front of one window. If we can, let us have a hardwood floor, or a painted one, with a few rugs that can be easily cleaned; if this is not possible, the floor may be covered with a good matting. The furnishings should be light, simple, and such as may be easily cleaned. The walls should be of soft tone, and the curtains light, so that the air will pass through readily.

For the bed itself select a light brass or iron frame and put all the money you can afford into your mattress. Whatever kind you select, let it be the best possible, but not too soft. Be sure that the spring is firm; where this gives too much one does not rest so well. Cover the mattress with a case of unbleached muslin that can be easily removed and laundered, and place a thin washable pad under the sheet.

Let the sheets be long enough to tuck in securely at the bottom and turn over well at the top, and make them of firm, well-woven sheeting. Choose several light-weight covers rather than one heavy one, using blankets whenever you can afford them — wool blankets, or those that are three-quarters wool.

Let the spread be simple and light and easily laundered, and make the pillow-slips long enough to really cover the pillows.

In making the bed, how should you proceed?

1.
2.
3.
4.

How frequently should the bedding be aired out of doors?

If some one were sick, how would you change the bedding?

What could you use for a simple rest for the back when sitting up in bed?

How would you get ventilation with one window?

SALADS

There is no line of cookery in which more care and study are required to gain the best results than in salad-making. Yet, when understood, nothing is more simple.

Certain things are essential to success — such as crisp lettuce, good olive oil, a well-made dressing, fresh fruits and vegetables, well-prepared meat and fish.

All lettuce must be well washed, the leaves dried in a soft cloth, then placed close to the ice in a cheese-cloth, or, if nothing else is at hand, a paper bag. The uncooked vegetables must be tender and thoroughly chilled; the cooked vegetables cut into attractive shapes, when desired, and then kept unbroken; fish should be freed from all skin and bone and separated into distinct flakes; meat must be diced after being freed from bone, fat, and all gristle.

When using cooked vegetables, or meat and fish, mix the French dressing with the prepared ingredients a half hour or more before serving. The best result is obtained by mixing each kind separately, putting together just before serving.

Always try to make the salad dainty and attractive when serving. If in individual form, shape the lettuce leaves into cup shapes, and garnish — where possible — with some special vegetables, or with olives.

Remember that the simpler salad-dressings are the more wholesome, and should be the ones most commonly used.

French Dressing

1 tbsp. vinegar or lemon juice.
3 tbsp. olive oil.
½ tsp. salt.
Spk. pepper.
¼ tsp. paprika

Place the salt and pepper in a bowl, add oil slowly, and mix until the salt is dissolved. Then add the vinegar gradually, beating with a fork.

Boiled Dressing

Yolks of 3 eggs.	2 tbsp. butter or olive oil.
1 tsp. sugar.	1 spk. pepper.
¾ tsp. salt.	2 tbsp. strong vinegar.
½ tsp. mustard.	¼ c. water.

Mix dry ingredients together. Add to egg and stir. Add vinegar and water, then butter, and put in a double boiler, stirring until thick.

This dressing will keep several weeks in a covered jar. When ready to use, add sour cream, sweet cream, or milk, to thin it to the desired consistency. The proportions of water and vinegar vary with the strength of the vinegar.

NOTE. — 1 tsp. of flour and one whole egg may be used in place of three yolks.

Apple and Celery Salad

2 c. apples, cut in small cubes.
1 c. celery, cut in small cubes.
½ c. walnuts.

Mix the ingredients together. Moisten with salad dressing. Arrange in lettuce-cups, cover with a little dressing, and put one-half of a walnut on top of each.

Salmon Salad

1 c. fish. ½ c. celery. Salad-dressing.

Flake the fish. Wash the celery and cut into very thin slices. Mix fish and celery. Add enough salad-dressing to thoroughly moisten the fish and celery. Toss lightly together with a fork. Heap on crisp lettuce leaves.

Tomato Salad

Tomatoes. Cucumbers. Salad-dressing.

1. Place tomatoes in a pan and cover with boiling water. Let them stand 5 minutes. Drain off water and cover with cold water.
2. Peel tomatoes, remove thin slice from stem end of tomatoes, and remove seeds and part of pulp.
3. Sprinkle inside with salt, invert, and let stand ½ h.
4. Fill tomatoes with thin slices of cucumber and tomato, mixed with salad-dressing.
5. Arrange on lettuce leaves, and put dressing on top.

Potato Salad

3 c. cold boiled potatoes.
1 tbsp. chopped onion, or ½ tsp. onion juice.
Salt and pepper.
1 tbsp. chopped parsley.
¼ c. finely cut celery, or 1 tbsp. celery seed.
2 hard-cooked eggs.

1. Cut potatoes into ½ in. cubes and add other ingredients.

2. Pour salad-dressing over all, and garnish with the hard-cooked eggs. Separate the eggs and sift the yolks, as in egg vermicelli.

Name some other vegetables that combine well in salads.

Name some fruits that combine well in salads.

What may be used in place of olive oil in the French dressing?

FIRST AIDS TO THE INJURED

In your hygiene study you have touched upon many things helpful to others and to yourself in times of accident.

What would you do for a cut on the finger?

What would you do for a cut on the arm?

What is best for a simple burn where the skin is unbroken?

What is best for a burn where the skin is broken?

How can you remove a cinder from the eye?

What should you do when some one is fainting?

How can you extinguish flames on clothing?

What should you do with blazing fat?

Give a simple remedy for sore throat.

What would you do for a cold?

What is best for a simple sprain?

How can you prevent a black-and-blue spot?

How remove soreness from a bruise?

What should not be taken for headache?

What is done for a rattlesnake bite?

Give a list of a few things that should always be on hand in the home and state what you would use them for.

Make a list of foods suitable in case of illness:

Liquids.	Semi-solids.	Solids.

PUDDINGS

Steamed Fruit Pudding

1 c. molasses.	¼ tsp. salt.
1 c. sweet milk.	1 tsp. cinnamon.
3 c. flour.	½ tsp. nutmeg.
⅓ c. butter.	⅛ tsp. cloves.
1 tsp. soda.	⅛ tsp. ginger.
2 tsp. cream of tartar.	1 c. raisins, cut fine.

Flour the raisins with a little flour taken from the 3 cups. Sift the dry materials twice. Add the liquid, then the shortening, melted. Last, stir in the fruit. Steam 3 h. In small cups, steam ¾ h.

Serve with a liquid sauce or with lemon cream sauce.

Lemon Cream Sauce

1 c. powdered sugar.
4 tbsp. butter.
Grated rind of one lemon.
2 tbsp. lemon juice.
Spk. nutmeg.

Cream butter, add sugar gradually; when smooth and creamy, add grated rind, juice and nutmeg. Beat 10 m. Stir for a minute over boiling water before serving. Serve on a warm plate.

Liquid Sauce

1 c. sugar. 3 tbsp. flour.
1 c. water. 2 tbsp. butter.
¼ tsp. salt.

Juice or grated rind of one lemon, or flavoring to taste (vanilla or spice).

Prune Whip

½ lb. prunes. 4 egg whites.
½ c. confectioners' sugar. 1 tbsp. lemon juice.

Stone the cooked prunes, drain well, and press through a strainer. Beat the egg whites stiff, beat in the sugar gradually, then add the prune pulp, a little at a time, beating steadily until all is in. Add the lemon juice,

pile lightly on a platter, place over hot water in the oven and brown slightly, or place in baking-dish and brown. Serve cold, with a custard poured around the whip. The oven must be a moderate one or the whip will fall.

Custard

4 egg yolks. Spk. salt.
1 pt. milk. Lemon flavoring.
⅓ c. sugar.

Make like any soft custard.

Estimate cost of this dessert.
Name other fruits that might be used in the same way.

Orange Cream

3 good oranges.
½ good lemon.
½ oz. gelatine (soften in the cold water).
¼ c. cold water.

Add enough hot water to make one pint of liquid, including the juice from the oranges and lemon. Beat until gelatine is dissolved, strain, cool until of the consistency of thick cream, beat in 8 tbsp. of whipped cream and about ⅓ c. powdered sugar; beat well and turn into prepared mold. Serve cold.

Name the fruits which could be used in place of the oranges.

What could be substituted for the whipped cream?

What kinds of gelatine may be used?

FROZEN DISHES

Some of our best and simplest desserts are the sherbets, ices, and creams. An ice is simply fruit juice, water, and sugar, frozen together. A sherbet is, usually, the same as an ice with the addition of stiff egg whites. A cream should be pure cream, flavoring, and sugar, or a rich custard with cream added, in equal quantities. This last combination is the richest of all.

In packing the freezer use three parts of ice to one of salt. See that the crank works easily before beginning to pack, and test occasionally while filling with the ice and salt. Do not fill the can more than two-thirds full of the ice cream or sherbet, otherwise it will run over before it is frozen. Turn very slowly at first, stopping once or twice; when too hard to turn, remove dasher, pack down, cover closely, repack with salt and ice, and allow it to stand several hours to harden.

Fruit Sherbet

3 oranges.	3 c. sugar.
3 lemons.	3 c. water.
1 banana.	2 egg whites.

½ can apricots.

Press juice and pulp through a strainer, adding water to aid in the sifting. Add the sugar, stir until dissolved, and freeze. When it begins to stiffen, add the stiff whites.

Strawberry Ice

1 pt. strawberry juice
1½ c. sugar } boil together; cool.
1 c. water. }
Juice of 2 lemons.

Mix fruit juice and syrup, add more sugar if necessary, pack and freeze.

Lemon Milk Sherbet

1 c. sugar. 2 c. milk. Juice of 2 lemons.

Dissolve sugar in the milk and freeze. When thick add the lemon juice and freeze again.

Fruit Punch I

4 c. cold water.
2 c. sugar.
2 c. chopped pineapple (or 1 qt. can).
1 c. orange juice.
½ c. lemon juice.

Boil water, sugar, and pineapple 20 m.

Add fruit juice; cool, strain, and dilute with ice water. Any of the following fruits may be added:

½ box berries of any kind, (mashed through a vegetable press).

2 bananas, sliced or mashed.

½ c. grape juice.

1 c. fresh cherries, stoned and sliced.

2 ripe peaches peeled, stoned, and mashed.

Fruit Punch II

2 c. water.
2 c. sugar.
Chopped rind of 1 lemon.
Juice of 8 lemons.
1 banana.
¼ lb. candied cherries.
1 doz. strawberries.
1 pineapple grated, or 1 qt. can.
2 qts. Apollinaris.

Boil water, sugar, and lemon rind 10 m. Strain. When cool add the lemon juice, pineapple, and other fruit, sliced.

Place a large square of ice in a punch-bowl. Pour over this the mixture, adding the Apollinaris water when ready to serve.

MENUS

Make out three breakfast menus. Plan for four in the family and make the cost per person 15¢ for the first meal and 20¢ for the remaining two.

Make out three dinner menus of two courses.

Make out three dinner menus of three courses.

Make out two dinner menus of four courses.

Estimate the cost in each case.
Plan for a family of four.
Allow 25¢ per person in the first set.
Allow 35¢ per person in the second set.
Allow 50¢ per person in the third set.

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